

**Mississippi Behavioral Risk Factor Surveillance System  
Trend Report, 1993-2002**

*Note: Unless otherwise indicated the denominator is the total sample population except that all respondents answering “unknown” or who refused to answer a question are excluded from the denominator.*

Indicator	Rates	1993	1994	1995	1996	1997	1998	1999	2000	2001	2002
<b>Health status</b>											
Report that general health is fair or poor	Actual	21.6	22.1	21.4	21.1	21.9	21.0	20.9	20.2	23.0	25.2
	Age Adjusted	20.9	20.5	21.8	21.2	22.1	21.1	20.9	20.3	23.1	24.8
Report that physical health was not good for more than 7 days during past 30 days	Actual	11.7	9.9	11.2	11.6	11.4	14.1	13.1	12.6	15.8	
	Age Adjusted	12.0	10.4	11.5	11.9	11.6	14.3	13.4	13.0	16.1	
Report that mental health was not good for more than 7 days during past 30 days	Actual	11.1	10.2	9.6	9.4	9.4	12.1	13.2	14.1	13.7	
	Age Adjusted	11.2	10.2	9.6	9.6	9.6	11.7	13.2	13.3	13.8	
Report poor physical/mental health prevented usual activities for more than 7 days in past 30 days (Denominator: Total Sample)	Actual	7.7	4.7	7.8	6.9	5.5	7.4	8.3	7.9	9.5	
	Age Adjusted	7.7	4.9	7.9	6.9	5.5	7.5	8.1	8.0	9.6	
Report poor physical/mental health prevented usual activities for more than 7 days in past 30 days (Denominator: Excludes those with zero days of poor physical/mental health)	Actual	15.7	11.1	19.8	18.5	13.8	16.7	17.3	17.0	20.3	
	Age Adjusted	16.8	12.0	20.4	18.9	14.3	14.2	17.9	18.1	20.9	
<b>Cigarette smoking</b>											
Report they are current cigarette smokers	Actual	24.2	22.2	24.1	23.2	23.1	24.2	23.4	23.5	25.4	27.4
	Age Adjusted	24.5	22.6	24.4	23.3	23.5	24.5	23.4	23.6	25.4	27.2
High school education or less	Actual	28.6	26.8	34.5	29.8	29.5	30.1	30.3	32.2	31.2	36.3
	Age Adjusted	34.6	36.5	41.5	37.3	36.7	36.2	37.1	37.1	35.8	41.2
Blacks	Actual	20.3	18.7	22.4	21.0	17.7	21.2	18.3	18.3	20.3	24.7
	Age Adjusted	21.8	20.1	23.9	20.7	19.3	22.1	17.9	18.8	19.8	24.3

Indicator	Rates	1993	1994	1995	1996	1997	1998	1999	2000	2001	2002
Report that they are former cigarette smokers	Actual	20.8	21.4	20.6	21.1	21.3	21.9	20.6	20.5	20.9	20.0
	Age Adjusted	21.8	22.0	20.9	21.6	21.7	22.1	20.0	20.8	21.2	20.2
Daily smokers who report that they have quit smoking for 1 day or more in the past 12 months	Actual	63.7	46.2	43.9	49.8	51.2	51.0	54.6	46.7	51.5	53.9
	Age Adjusted	64.1	40.7	43.2	47.6	50.4	52.1	54.7	47.0	49.9	52.0
Quit ratio (Ever smokers who are former smokers)	Actual	46.2	49.0	46.1	47.6	47.9	47.5	46.9	46.5	45.1	42.2
	Age Adjusted	44.9	48.0	45.2	46.8	46.1	46.3	44.5	46.1	44.3	42.0
<b>Alcohol use during the past month</b>											
Report acute (binge) drinking	Actual	8.7		8.8		9.6		10.9		11.7	12.4
	Age Adjusted	8.3		8.5		9.4		11.5		11.5	12.3
Report chronic drinking	Actual	2.8		2.7		2.5		3.3		4.5	4.6
	Age Adjusted	2.6		2.8		2.4		3.5		4.4	4.6
<b>Physical activity/exercise</b>											
Report that they are physically inactive	Actual		38.5		39.6		33.8		33.4		
	Age Adjusted		39.1		39.7		34.1		33.6		
65+ year olds (No age adjustment)	Actual		51.1		49.2		40.2		43.1		
Income less than \$20,000	Actual		47.0		49.0		44.0		42.3		
	Age Adjusted		47.6		48.0		45.0		43.7		
Report sedentary lifestyle (sedentary or irregular physical activity profile)	Actual		67.1		64.7		61.2		61.1		
	Age Adjusted		67.6		64.6		61.4		61.4		
Report frequent regular exercise	Actual		14.0		17.0		19.1		18.6		
	Age Adjusted		13.7		16.9		18.9		18.5		

Indicator	Rates	1993	1994	1995	1996	1997	1998	1999	2000	2001	2002
Report regular intensive exercise	Actual		9.8		11.2		10.4		9.4		
	Age Adjusted		9.9		11.5		10.4		9.6		
Income less than \$20,000	Actual		6.7		8.4		8.4		6.6		
	Age Adjusted		6.4		8.0		7.6		6.0		
Report using physical activity/exercise to lose weight or maintain weight Denominator: Total Sample	Actual		34.4		31.2		39.5		40.7		
	Age Adjusted		34.3		31.3		39.5		40.6		
Report using physical activity/exercise to lose or maintain weight. (Denominator: Those trying to lose or maintain weight)	Actual		57.8		42.0		52.4		54.6		
	Age Adjusted		56.0		41.7		52.3		54.2		
<b>Body weight and weight control</b>											
Respondents who are overweight (BMI $\geq 25.0$ )	Actual	54.6	53.8	54.7	54.5	57.9	59.1	62.3	61.8	61.1	63.1
	Age Adjusted	55.2	54.6	55.3	55.4	58.2	59.8	62.0	62.1	61.5	63.6
Respondents who are obese (BMI $\geq 30$ )	Actual	18.9	19.7	19.6	19.8	22.0	22.9	23.4	25.0	25.4	26.8
	Age Adjusted	19.4	20.5	19.8	20.2	22.2	23.1	23.2	25.3	25.7	27.0
Report they are dieting to lose or maintain weight (Denominator : Total Sample)	Actual		54.9		52.4		54.5		55.6		
	Age Adjusted		55.7		52.8		55.0		55.8		
Report they are dieting to lose or maintain weight (Denominator : Those trying to lose or maintain weight)	Actual		72.3		71.3		71.5		74.1		
	Age Adjusted		72.3		70.2		71.7		74.3		
Report using physical activity/exercise to lose or maintain weight. (Denominator: Total sample)	Actual		34.4		31.2		39.5		40.7		
	Age Adjusted		34.4		31.3		39.5		40.6		
Report using physical activity/exercise to lose or maintain weight. (Denominator: Those trying to lose or maintain weight)	Actual		45.2		42.0		52.4		54.6		
	Age Adjusted		45.0		41.7		52.3		54.2		

Indicator	Rates	1993	1994	1995	1996	1997	1998	1999	2000	2001	2002
<b>At risk of developing diabetes</b>											
Those at risk of developing type 2 diabetes because of weight or lack of exercise	Actual		22.6		24.1		24.4		26.1	24.3	24.5
	Age Adjusted		24.5		25.5		25.3		26.8	24.7	24.4
<b>Diet/Nutrition</b>											
Report that they eat fruits/vegetables 5 or more times per day	Actual		13.9		18.2		15.6		18.5		19.1
	Age Adjusted		14.2		18.1		15.6		18.5		19.1
<b>Cholesterol awareness</b>											
Report that they have ever had a blood cholesterol test	Actual	62.3		62.0		66.5		72.9		73.8	
	Age Adjusted	63.1		62.9		67.2		71.4		74.2	
Those tested who have had blood cholesterol checked within the past year	Actual	45.5		43.6		46.0		49.0		51.8	
	Age Adjusted	46.4		44.3		46.5		47.9		52.0	
Report blood cholesterol checked within the past 2 years	Actual	55.1		53.5		55.1		60.9		62.4	
	Age Adjusted	55.9		54.3		55.6		59.7		62.7	
Report blood cholesterol checked within the past 5 years	Actual	60.2		58.3		62.5		67.0		69.2	
	Age Adjusted	61.1		59.1		63.2		65.7		68.6	
Report being told by a health professional that they have high blood cholesterol	Actual	19.8		15.8		19.2		22.5		22.8	
	Age Adjusted	20.5		16.2		19.6		22.4		23.0	
<b>Diabetes</b>											
Report being told by a doctor that they have diabetes	Actual	6.4	5.7	6.3	6.1	6.1	7.7	8.3	7.6	9.3	8.6
	Age Adjusted	6.5	5.9	6.4	6.2	6.3	7.7	8.0	7.7	9.3	8.7
Those with diabetes who have had two or more visits to a health professional for diabetes in the past year	Actual				74.4	74.7	75.7		80.7		
	Age Adjusted				59.9	72.2	68.6		79.6		

Indicator	Rates	1993	1994	1995	1996	1997	1998	1999	2000	2001	2002
Those with diabetes who have had at least four visits to a health professional for their diabetes in past year	Actual				59.1	56.5	46.8		51.0		
	Age Adjusted				48.5	51.0	43.1		49.8		
Those with diabetes who have had two or more foot exams by a health professional in past year	Actual				29.3	43.5	38.4		38.6		
	Age Adjusted				23.3	49.3	32.4		38.4		
Those with diabetes who have had at least four foot exams by a health professional in past year	Actual				23.3	29.9	24.8		19.7		
	Age Adjusted				18.3	24.5	19.6		21.4		
Those with diabetes who have had a dilated eye exam within the past year	Actual				55.4	50.2	54.8		56.5		
	Age Adjusted				45.6	45.3	53.3		47.6		
Those with diabetes who have had a dilated eye exam within the past 2 years	Actual				69.6	70.3	68.1		66.3		
	Age Adjusted				54.0	66.5	63.3		55.7		
<b>Mammography screening (Age Adjustment Not Applicable)</b>											
Report that they have ever had a CBE and mammogram (Women 40+)	Actual	64.1	64.7	67.2	71.9	71.8	73.1	72.6	77.7	78.1	77.9
Income less than \$10,000	Actual	52.4	50.0	51.6	55.5	68.6	74.9	56.2	62.8	69.9	60.6
Less than a high school education	Actual	54.2	49.3	50.2	57.3	59.5	55.9	61.2	61.6	66.4	66.7
Women aged 70+ years of age	Actual	59.7	53.0	57.5	61.8	62.0	63.7	69.3	80.9	72.6	74.4
Black women	Actual	59.4	59.4	49.8	62.3	61.1	67.1	63.7	67.8	71.2	69.4
Report having a CBE and mammogram in past 2 years (Women 50+)	Actual	51.4	49.5	49.1	53.8	60.7	58.4	56.6	61.6	60.9	62.3
Income less than \$10,000	Actual	41.0	32.6	37.8	38.3	60.4	45.6	40.0	45.7	52.6	44.1
Less than a high school education	Actual	39.0	34.3	35.8	39.3	50.0	41.7	38.2	42.8	47.9	50.7
Women aged 70+ years of age	Actual	47.9	38.9	45.5	49.0	50.7	47.7	49.8	57.7	53.5	53.7
Black women	Actual	43.6	43.4	35.0	47.7	49.3	56.5	47.4	54.9	55.1	56.5
Report having a screening mammogram within the past year (Women 50-59)	Actual	43.6	45.2	45.4	42.4	52.8	53.5	51.1	58.5	60.9	55.8

Indicator	Rates	1993	1994	1995	1996	1997	1998	1999	2000	2001	2002
Report having a screening mammogram within the past 2 years (Women 50-59)	Actual	60.3	62.3	56.3	64.2	68.6	71.9	65.6	73.1	75.2	72.8
Report having screening mammogram within the past year (Women 60-69)	Actual	45.6	47.1	46.1	48.0	55.7	48.4	49.7	49.0	55.5	60.7
Report having a screening mammogram within the past 2 years (Women 60-69)	Actual	60.0	58.5	56.7	65.0	69.8	69.3	68.6	67.1	69.8	73.7
<b>Pap smear screening</b>											
Report that they have ever had a pap smear test (Women 18+ years of age who have never had a hysterectomy)	Actual	93.1	94.1	92.6	92.7	95.8	93.3	94.6	95.5	96.5	90.1
	Age Adjusted	92.5	93.3	93.1	92.5	95.8	93.7	95.1	95.2	96.7	90.7
Income less than \$10,000	Actual	88.3	86.5	88.8	82.2	89.5	93.5	93.6	86.9	92.9	84.1
	Age Adjusted	91.4	87.3	89.9	86.9	92.8	92.9	95.6	88.1	95.0	84.7
Less than a high school education	Actual	84.7	83.5	85.5	88.3	90.9	85.7	87.8	86.8	94.9	86.7
	Age Adjusted	87.8	85.8	90.3	92.1	94.0	90.5	92.1	87.3	96.3	88.2
Women aged 70+ years of age (Age Adjustment not Applicable)	Actual	81.1	79.6	80.9	79.3	82.1	86.8	85.0	85.6	91.9	82.1
Report that they have had a pap smear test in the past 3 years (Women 18+ years of age who have never had a hysterectomy)	Actual	79.6	84.4	83.4	81.8	85.8	83.4	83.0	87.0	86.3	82.7
	Age Adjusted	77.1	81.3	81.4	79.2	83.6	82.4	80.9	84.3	84.2	80.3
Income less than \$10,000	Actual	70.9	72.9	75.2	65.5	73.4	77.5	70.7	68.1	79.1	72.5
	Age Adjusted	72.3	73.1	81.4	69.6	78.1	75.4	70.0	68.6	76.8	72.4
Less than a high school education	Actual	63.1	67.3	70.5	67.1	74.3	62.3	66.4	71.6	70.0	69.5
	Age Adjusted	69.8	69.5	77.7	73.5	71.3	69.3	74.9	69.5	72.2	74.0
Women aged 70+ years of age (Age Adjustment Not Applicable)	Actual	51.1	58.7	51.7	50.2	55.1	63.9	52.6	75.5	64.4	46.1
Report that they have had pap smear test in the past 3 years (Women 18-64)	Actual	85.0	51.6	87.1	86.8	89.5	86.5	87.4	89.5	89.3	86.4
	Age Adjusted	67.8	70.3	71.2	70.2	73.9	71.7	71.5	72.4	73.4	70.7

Indicator	Rates	1993	1994	1995	1996	1997	1998	1999	2000	2001	2002
<b>Colorectal cancer screening: Persons aged 50+ years of age (Age Adjustment Not Applicable)</b>											
Report that they have ever had a sigmoidoscopy/proctoscopy exam	Actual	33.6		36.3		35.8		36.4		40.8	42.9
Report having a sigmoidoscopy or proctoscopy exam in the past year	Actual	9.5		12.5		10.0		12.5		13.4	13.4
Report having a sigmoidoscopy or proctoscopy exam in past 2 years	Actual	14.3		20.4		17.7		18.9		21.6	21.9
Report having had a sigmoidoscopy proctoscopy exam in past 5 years	Actual	21.7		27.3		25.1		27.0		31.9	33.4
<b>Hypertension awareness</b>											
Report being told by a health professional that they have high blood pressure	Actual	30.0		29.8	29.5	34.3		35.0		31.4	
	Age Adjusted	29.9		30.2	29.9	34.6		33.8		31.7	
Report having blood pressure taken by a health professional in the past year	Actual	88.3		86.6	89.4	90.2		89.4			
	Age Adjusted	88.4		86.6	89.2	90.1		89.3			
Report having pressure taken by a health professional in the past 2 years	Actual	93.5		92.0	95.6	95.6		96.0			
	Age Adjusted	93.5		92.0	95.5	95.5		96.0			
Report having blood pressure taken by a health professional in the past 5 years	Actual	97.2		95.9	98.0	97.9		98.3			
	Age Adjusted	97.1		95.5	97.9	97.9		98.3			

Indicator	Rates	1993	1994	1995	1996	1997	1998	1999	2000	2001	2002
<b>Immunization</b>											
Report having had a flu shot within the past 12 months	Actual	19.3		26.3		28.6		31.3		29.2	30.6
	Age Adjusted	19.2		26.1		23.2		30.6		29.0	30.7
Persons 65+ years of age (Age Adjustment Not Applicable)	Actual	43.0		57.0		61.1		62.9		61.8	63.0
Report that having had a pneumonia vaccination	Actual	14.0		15.0		18.2		17.0		21.2	19.9
	Age Adjusted	13.4		14.6		17.6		16.5		20.6	19.8
Persons aged 65+ years of age (Age Adjustment Not Applicable)	Actual	27.8		39.4		45.9		49.3		55.7	58.9
<b>Health care access</b>											
Report that they have no kind of health care coverage	Actual	16.1	12.7	14.0	14.2	15.1	18.8	16.9	19.3	18.7	22.8
	Age Adjusted	15.7	13.7	14.0	14.3	15.1	18.6	17.4	19.0	18.6	22.5
Report being unable to see doctor in past 12 months because of cost	Actual	18.1	16.1	14.8	15.0	15.3	15.6	14.4	16.2		
	Age Adjusted	18.2	16.4	14.9	14.6	15.3	15.6	14.5	16.2		